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A sister publication to The Review, Redwater, Alberta

Morinville curling team gears up for the Alberta Masters Championship

By Stephen Dafoe

The Curling Alberta 2024 Kananaskis Nordic Spa Alberta Masters Championships took place at the Morinville Curling Club from February 28 to March 3, gathering 16 of the best over 60 curling teams for five days of competition.

A local group comprised of Lead Keith Franklin, Second Doug MacArthur, Third Gary Kearns, Skip Jack Olson, and alternate Guy Meunier were among the eight men's teams competing.

Kearns, a Morinville Curling Club director, said hosting the event locally called for incorporating a local flavour.

Although Meunier and Franklin play together regularly, the rest of the team's seasoned curlers came

together just before one of three provincial qualifiers in Lamont in early February.

"They were all high-calibre teams," Kearns said of the nine teams who took to the ice in Lamont, noting the Morinville team lost their first two games, which dropped them to C. A third loss would mean they were out.

"We did a slight shuffle after losing two, and the team just sort of gelled," he said.

But after those initial two losses, they beat a team from Strathmore in their first C game, moving on to the semi-final only to win again.

The Morinville crew defeated a team from Spruce Grove in the C final to earn a place in the Masters' Championships.

Last week's Masters



From left: Jack Olson, Gary Kearns, Doug MacArthur, Keith Franklin, and Guy Meunier are set to compete in the Curling Alberta 2024 Kananaskis Nordic Spa Alberta Masters Championships from Wednesday, February 28, until Sunday, March 3. - Stephen Dafoe Photo

event was a round-robin format, kicking off on Wednesday, February 28, with a ladies' draw in the afternoon, opening ceremonies in the evening, and a men's draw after the ceremonies.

Thursday, Friday and Saturday saw two

draws each day for men's and women's curling teams.

The event culminated with the top three men's and ladies' teams taking to playoffs on Sunday.

The top men's and ladies' teams got a bye in their respective

semi-finals. Results were not available by our press deadline.

Tough competition - top talent

All the local team members have a wealth of experience in the sport. Gary Kearns is a longtime

curler, past president of the Morinville Curling Club and current director. He was also instrumental in getting the Masters in Morinville.

Skip Jack Olson started curling in

Continued on page 2



Morinville Jet Cody Laliberte, seen in this file photo from the Jets February 11 game against the Red Wings, led the Jets in points over the three games with eight points, followed by season leader Ethan Dechamplain with seven points. - Stephen Dafoe Photo

Morinville Jets sweep quarterfinals series

By Stephen Dafoe

After ending the 2023-2024 Capital Junior Hockey League regular season in second place, the Morinville Jets joined the St. Albert Merchants in sitting out the qualifying round of playoffs.

That series resulted in the Jets entering

the quarterfinals against the Beverly Warriors in a best-of-five series, with Morinville having a home-ice advantage.

The Jets started the series in Morinville on Tuesday, February 20, narrowly defeating Beverly 4-3.

They widened the gap in the second game the following

night, defeating the Warriors 4-1.

A 6-1 win over the Beverly Warriors on home ice Sunday night gave the Morinville Jets their third consecutive win in the best-of-five quarter-finals series, advancing them to the next round.

Continued on page 6



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Morinville Curling Team

Continued from page 1

Saskatoon and has been in the sport for 50 years, during which time he has served as Morinville Curling Club President twice. Lead Keith Franklin learned the game from his father and has curled for about 50 years, 30 of those in Morinville.

In his 40th year as a member of the Morinville Curling Club, Doug MacArthur learned to curl as a teenager in 4H but gave it up until the early 1980s.

Alternate Guy Meunier started curling in Junior High School and has spent 58 years curling in St. Albert and Morinville. Meunier, who was involved in the Morinville Curling Club's early days, also taught Junior Curling during those days.

Despite a team made up of five curlers used to being the skip, the positions and shooting order

for this crew broke the norm a bit. Jack Olson was Skip and shot the second stones. Doug MacArthur was second and shot third stones.

Gary Kearns was third but will shoot Skip's stones. Keith Franklin was Lead and, as the position implies, shot lead stones. Guy Meunier, in addition to being alternate, assisted with coaching, strategy and debriefing after the games.

"Having a team of five skips, you have to put your ego in your wallet and say, 'These are our new roles. We have to gel as a team,'" Kearns said, adding the current positions were not the original positions.

"We mixed and matched, and we were pliable enough that we could do that."

Despite the team's ability to flip some team roles, Kearns knew they were going in as an underdog team.

Still, confidence was high among the team members heading

into the competition last week.

Skip Jack Olson said the team needs to get on a roll and take things one game at a time.

"It's a cliché, but if you can get one going and go again and again – to me, it's all about getting on a go," he said.

"Don't get down when you lose a game. Keep it close, and that's when you get a roll."

For Lead Keith Franklin, hitting the Masters was a little surreal. "It's kind of scary on one point, but I'm excited at the other point," Franklin said.

"The competition is tough, and you've got to be on your game."

Team Second Doug MacArthur is hopeful of the team's chances.

"I think we have a decent chance in this competition. I'd be thrilled to finish .500, at least. Win one more game than that, and you are in the three spots," MacArthur said.

"I like our chances.

Maybe our odds improve because of home-ice advantage, and we know the ice a little bit."

For Guy Meunier, who has curled in three Alberta Winter Games for seniors over 55, taking silver in Grand Prairie, there is an awareness of the calibre of teams hitting the ice

in Morinville.

"You've got to be alert. This is good competition here," he said. But above all, the men were looking to have fun with the competition, knowing they had a plan and the players to make it happen.

Olson said a key component heading into the competition

was the trust among the team.

"We're going to have fun. We're going to enjoy the experience," he said.

"Like someone else said, enjoy your time there. You don't know if it'll ever come around again. Enjoy it. The experience will be good for the town, too."

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PUBLIC HEARING – Bylaw 1642/23
Amendment to Land Use Bylaw 1385/17

Sturgeon County Council requests public input on proposed Bylaw 1642/23. The property owner would like to facilitate future recreational activities on their land at 54513 Range Road 274 (SW-33-54-27-W4M). This land is zoned as AG-Agriculture, which does not allow this type of activity.

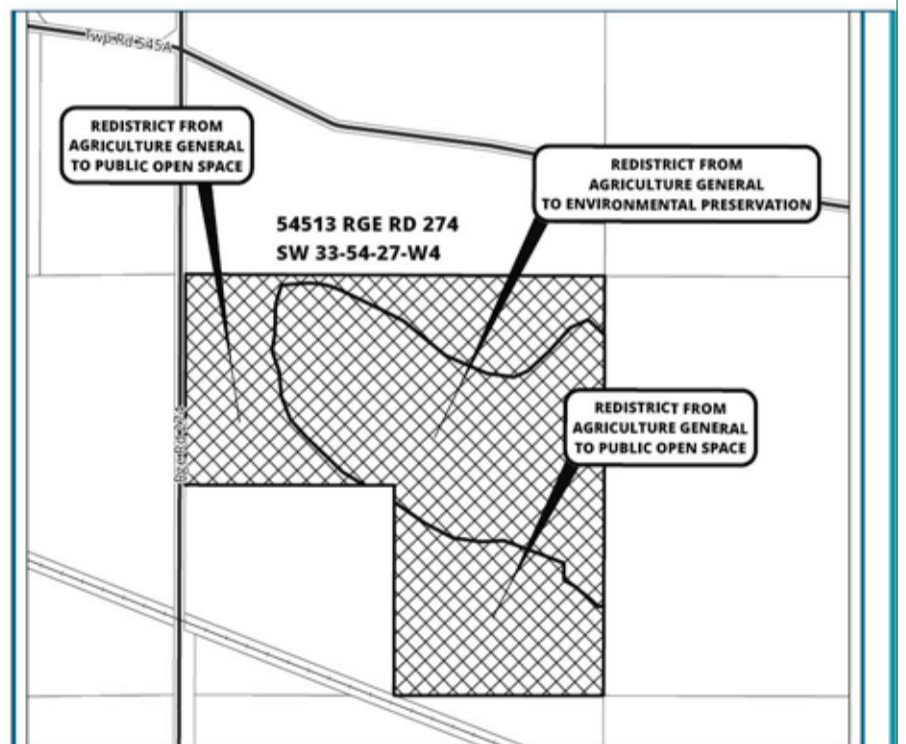
Public Hearing details

The Public Hearing will be held in person and via videoconference on: **Tuesday, March 12, 2024, at 2:00 p.m.** (or as soon as practical thereafter) Sturgeon County Council Chambers (9613 100 St. in Morinville) sturgeoncounty.ca/CouncilMeetings

To accommodate recreational activities in Sturgeon County, land must be zoned to REC - Recreational District. Each time land is rezoned, a bylaw is needed to amend the Land Use Bylaw, and a public hearing must be held. [View the proposed bylaw at sturgeoncounty.ca/hearing-1642](http://sturgeoncounty.ca/hearing-1642)

Questions? Contact us!

Kyle Schole
Planner, Current Planning
780-939-1397
kschole@sturgeoncounty.ca



Important information about Public Hearings

Requirements for speakers

All speakers have five minutes to speak and are encouraged to provide a written copy of their submission before the Public Hearing.

Speaking in person

To speak at the Public Hearing in person, contact Legislative Services at 780-939-8277 or 780-939-1377 to pre-register.

Speaking via videoconference

To speak at the Public Hearing via videoconference, you must register by March 11 at 2:00 p.m. by contacting Legislative Services at 780-939-8277 or 780-939-1377. This ensures you receive instructions to access the videoconference.

Written submissions

Email your written submission to Legislative Services at legislativeservices@sturgeoncounty.ca. Written submissions are accepted up to the close of the Public Hearing.

If making a written submission, you must include your name, state your interest in the matter (such as a County resident directly impacted by the proposed bylaw), and indicate if you are in favour of or opposed to the proposed bylaw.

Watching the Public Hearing

You can view the Public Hearing in person or online at sturgeoncounty.ca/CouncilMeetings. To view the livestream, click on the meeting date on the calendar, then click on the video link.



SCHOOL NEWS

Namao School



At Namao School, we are fortunate to have Indigenous Games as an option for our students. This term, the focus is primarily on Dene Games. Students learn how to do the activities, practice them, learn the

history of them, and the teach the younger students what they have learned. Some activities learned are airplane carry, bench reach, one foot kick, two foot kick, stick jump, snow snake, kneel jump, seal jump and more!

Guthrie School



The significance of kindness cannot be overstated. On Pink Shirt Day, individuals around the globe come together to celebrate kindness and take a stand against bullying. Not only did we recognize Pink Shirt Day, but we also had a week of Random Acts of Kindness. Classes paired up and engaged in various activities such as creating bookmarks to be found in the library, writing encouraging notes and delivering to our community, making

cookies, and passing out artwork with meaningful quotes to name a few. By not only spreading kindness within our school but also within the community it uplifts students spirits and fosters a sense of unity among them. Participating in events like Pink Shirt Day and Random Acts of Kindness is a symbol of our commitment to building a more inclusive and compassionate society. Together, we can make a difference, one act of kindness at a time.

Sturgeon Composite High School

This year, our high school saw its largest curling team yet, with 17 students forming four mixed teams for the Edmonton Metro League from October to December. Beyond the scoreboard, they excelled in teamwork, gained life experiences, confidence, and resilience. In a friendly match on February 27th against staff teams,

laughter and camaraderie filled the air. As the season ends, the team will gather for a final bonding activity to celebrate their achievements. Congratulations on a remarkable season!



PUBLIC HEARING – Bylaw 1644/23 Amendment to Land Use Bylaw 1385/17

Sturgeon County Council requests public input on proposed Bylaw 1644/23.

Sturgeon County Council is requesting public input on proposed Bylaw 1644/23. This Bylaw would redistrict a portion of SW-30-54-25-4 from AG –

Public Hearing details

The Public Hearing will be held in person and via videoconference on: **Tuesday, March 12, 2024, at 1:00 p.m.** (or as soon as practical thereafter) Sturgeon County Council Chambers (9613 100 St. in Morinville) sturgeoncounty.ca/CouncilMeetings

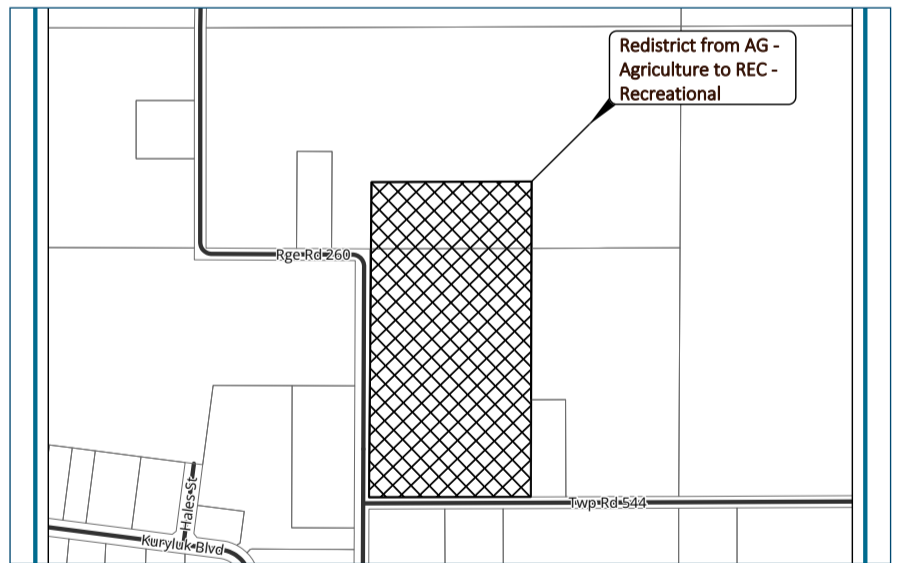
Agriculture District to REC – Recreational District.

The property owner would like to operate a golf driving range on their land at (legal land description: SW-30-54-25-4). This land is currently zoned as AG-Agriculture, which does not allow this type of activity.

To accommodate recreational activities in Sturgeon County, land must be zoned to REC - Recreational District.

Each time land is rezoned, a bylaw is needed to amend the Land Use Bylaw, and a public hearing must be held.

[View the proposed bylaw at sturgeoncounty.ca/hearing-1644](http://sturgeoncounty.ca/hearing-1644)



Questions? Contact us!

Kyle Schole
Planner, Current Planning
780-939-1397
kschole@sturgeoncounty.ca

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ROAD WORK AHEAD


JOIN US AT AN INFORMATION SESSION TO LEARN MORE ABOUT THE NEW PROJECTS IN YOUR DIVISION.

All Information Sessions 6 p.m. – 8 p.m.

DIVISION 1 & 2: Wednesday, March 13
CFB Edmonton - WOS & Sgts' Mess
210 Ortona Rd., Lancaster Park
*CFB Edmonton requires ID after 6 p.m. for base entry.

DIVISION 3 & 4: Tuesday, April 16
Calahoo Community Hall
#9, 54500 Rge Rd 275, Calahoo

DIVISION 5 & 6: Wednesday, March 27
Gibbons Community Cultural Centre
5115 – 51 Street, Gibbons



For a full list of projects view SturgeonCounty.ca/Roads

Grandfathering Determination Confined Feeding Operation

966827 Alberta Ltd. (Merrick Campbell) has requested the Natural Resources Conservation Board (NRCB) to complete a grandfathering determination for their confined feeding operation (CFO). The CFO is located on SW 12-55-27 W4M in Sturgeon County, Alberta. The NRCB will determine the grandfathered facilities, livestock type, and livestock capacity of the CFO as it existed on January 1, 2002.

The NRCB invites you to provide input on the grandfathered status of this operation, its livestock capacity, and facilities as they existed on January 1, 2002. 966827 Alberta Ltd. (Merrick Campbell) has stated that its grandfathered livestock capacity is 1,000 beef finishers.

Filing a Response
Any person who has knowledge about the size and status of the CFO on or around January 1, 2002 is invited to submit a written response with this information to the NRCB. The response must be received by the NRCB on or before **4:30 pm on April 5, 2024**. Responses should be made to the NRCB address provided below. A copy of the responses will be sent to the applicant. Responses submitted regarding the application may be posted on the NRCB's public website, as they are public records and are non-confidential.


Your written response should include your name, the legal land description of your residence or landholdings, mailing address, phone number, and details about your knowledge of the operation as it relates to the facilities, livestock type, and livestock capacity of the CFO on or around January 1, 2002. You may also file an application for directly affected party status at this time.

Viewing the Information
A complete copy of the information filed under the *Agricultural Operation Practices Act* may be viewed on the NRCB website at www.nrcb.ca (under Confined Feeding Operations / Notice of Approval and Registration Applications). The information will also be available for in-person viewing at the Morinville office of the NRCB by appointment. If you require further information, please contact the inspector listed below.

Cathryn Thompson, Inspector
201, 10008 – 107 St
Morinville AB T8R 1L3
cathryn.thompson@nrcb.ca
T 780-305-4751

The closing date for submissions:
4:30 pm on April 5, 2024


Dated at Morinville AB, on March 6, 2024




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Sturgeon County offers three options for dust suppression to help reduce the impact of dust created by vehicle traffic on gravel roads.



 **Early bird deadline is April 16, 2024**

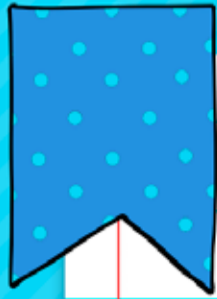
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A late fee of \$100 is applied to orders received after April 16, 2024. No orders will be accepted after May 17, 2024.

Download application forms:
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Questions?
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Email: dustsuppression@sturgeoncounty.ca



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Kindergarten information
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Morinville Jets

Continued from page 1

Jets' President Brent Melville said a format change this year will see the top two West Division and East Division teams against each other in the semi-final for a best-of-five series, followed by West Division and East Division play-off champs in the final

best-of-seven series. As such, the Jets move on to that semi-final series with long-time rivals, the St. Albert Merchants, who also swept their best-of-five series in three straight games.

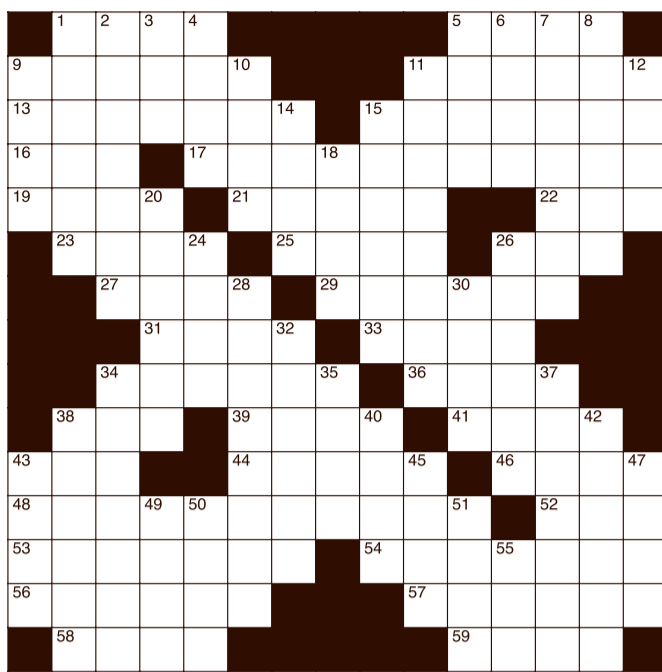
Game one of the series was on Sunday, March 3, in St. Albert.

Details were not available by the press deadline.



The Morinville Curling Club held the Linda Getzlaf-RE/MAX Real Estate Ladies Bonspiel on Friday, February 23 and Saturday, February 24. Sixteen teams competed over the two days, with Team Santos successful as the A winners, Team Pirtle as B winners, Team Scott (shown above) as the C winners, and Team Ewasiw as the D winners. - Stephen Dafeo Photo

CROSSWORD



CLUES ACROSS

- 1. Chaps
- 5. Currently fashionable
- 9. Collision
- 11. More slim
- 3. European city
- 15. Implicitly
- 16. The side of something that is sheltered from the wind

CLUES DOWN

- 17. The Mount Rushmore State
- 19. Gold or silver wire cord
- 21. Muscles along insects' diaphragm
- 22. Trent Reznor's band
- 23. Sweet juicy gritty-textured fruit
- 25. Broken branch
- 26. Indicates ten
- 27. Expression of annoyance
- 29. Brings together
- 31. Ancient city in Thrace
- 33. Sailors' spirit
- 34. Looked into
- 36. Muckraking woman journalist Rheta
- 38. A type of cast
- 39. One's

SEE SOLUTIONS PAGE 10

- responsibility
- 41. Where golfers begin
- 43. Make a mistake
- 44. Semitic Sun god
- 46. Ancient Italian-Greek colony
- 48. Beheaded
- 52. A place to stay
- 53. Unwise
- 54. Most supernatural
- 56. "Dennis" is a famous one
- 57. Ointments
- 58. Exam
- 59. Leaked blood
- 11. 2017 Oscar-winning film
- 12. Actor Gosling
- 14. Monetary units
- 15. Assembly
- 18. Russian pop duo
- 20. Embellished with expressions
- 24. Infrequent
- 26. Temperature unit
- 28. Hydrophilic amino acid
- 30. Honk
- 32. Legislative body
- 34. Swinish
- 35. Russian assembly
- 37. Take over for
- 38. Put in advance
- 40. Satisfy
- 42. Felt
- 43. Dutch cheese
- 45. Witnesses
- 47. Strong insects
- 49. Gasteyer and de Armas are two
- 50. Ancient people of Scotland
- 51. Cheerless
- 55. Sick

CLUES DOWN

- 1. Baseball managers assemble it
- 2. Revised
- 3. Mountain is a popular kind
- 4. Takes to civil court
- 5. Pouches
- 6. A type of veil
- 7. Chants
- 8. Boston hoopster
- 9. Elongated appendage
- 10. Sailboat

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3PM - Educational Session & Vendor Social - Hiring That Great Employee. Session provided by EmployAbilities

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The Province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services.

Highlights from Sturgeon County Council's regular meeting on February 13

Canada's Agriculture Day
Mayor Hnatiw proclaimed February 13, 2024, as Canada's Agriculture Day, recognizing and celebrating the profound impact the agricultural sector has in Sturgeon County and across the country.

Mayor to Send Letter to Alberta Transportation and Economic Corridors

Council authorized Mayor Hnatiw to send a letter to Alberta Transportation and Economic Corridors minister to request a review of the province's vegetation management program along provincial

highways. This was a recommendation from the Agricultural Service Board, which advises Council on items relevant to the agricultural sector. The board shared concerns regarding the timing of mowing and lack of weed management efforts within provincial right-of-ways, which is the responsibility of the province and its contractors.

Technical Redistrictings

Council passed Bylaw 1639/23, which proposes to redistrict two parcels of land to land use districts more closely aligned with

their uses. Sturgeon County assessed all parcels of land in 2021 to make sure they were appropriately zoned, and 38 parcels were redistricted as a result. The two parcels included in Bylaw 1639/23 were subject to recent subdivision applications and were not captured by the previous audit.

County Centre Front Foyer and Meeting Room Renovation Contract Awarded

Council awarded the contract for renovations at County Centre to Pemco Construction. The

renovations will improve the front foyer and primary meeting room through barrier-free access, modernized technology and energy-efficient fixtures.

The renovations are funded from reserves, meaning no current tax dollars fund the improvements.

Equipment Replacements

Council deferred the replacement of a tractor budgeted for in the capital budget and approved using the allocated funds to purchase a self-propelled mower. Council also approved the use of reserve funds to purchase a towed

mower. Both pieces of equipment will be used for regular mowing programs.

Edmonton Metropolitan Region Board membership review

Council directed administration to provide information on how Sturgeon County can review its membership in the Edmonton Metropolitan Region Board (EMRB). The EMRB is a regional growth management board with representation from 13 Edmonton-area municipalities which make decisions about land-use-related matters.

SUDOKU

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|---|---|---|---|---|---|---|---|---|
| | | 1 | | | 8 | | 2 | |
| 9 | | | | | | | | |
| | 5 | | | | 4 | 8 | | |
| 8 | | | | 9 | | | 5 | |
| | 6 | | 2 | | | | | 7 |
| | | | | 4 | 6 | | 9 | |
| 7 | 3 | | | | | | 4 | 5 |
| 1 | | | | | 2 | | | 6 |
| 2 | | | | | | 7 | | 1 |

SEE SOLUTIONS PAGE 10
LEVEL: INTERMEDIATE

Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Fun By The Numbers: Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Simple steps to get back on track with your wellness goals

(NC) Did you make a New Year's resolution to, say, eat better, stay off social media or quit smoking cigarettes? Setting a goal for your wellness can be motivating or fill you with optimism. However, sooner or later, many of us feel that sense of hopeful possibility begin to droop. If your goal isn't quite where you want it or you feel like

you might slip up, here are some tips to get back on target.

Retake control

If you notice you've dropped the ball on your goal, take action on what you can control in the moment. For example, if you're trying to quit smoking and you bought a

Continued on page 11

MARCH MADNESS WORD SEARCH

SEE SOLUTIONS PAGE 10

C I Y I R A M W L T B P H N G G E K D V
R D I G S R C N I P L L N V E R R D B M
C R B S V U E V N I V D L S T G M D C G W
N A V W U O N E E I V A B E R T B B N A
P U L S P R U L U H E B D N U O B E R L
L G H S U H I B P D S T N E M N P T T K
U I P Y F T E B E S N E F F O R N R B I
O H S R H E D I Y G R K U K D P D A A N
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S T T C O U R T K E D I F G L M N I E B
G I E D C E L M F F N D V P A H P N K C
D Y R A F R Y E N G N G U K E L I G E S
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A I M H K S B M S O A A W N E A T N V K
W L S R E O Y O D L B H S D H E O F C U
R O H E U U G I R P L S I B R O P E N P
O K Y V T W F M Y A A S R V E I Y V W K
F P M O B V H C B P S M Y G K T M O C L

Find the words hidden vertically, horizontally, diagonally and backwards.

- | | | | |
|--------------|------------|----------|-----------|
| WORDS | DRIBBLE | LAYUP | PASS |
| BANK | FORWARD | LINEUP | REBOUND |
| BASKETBALL | FOUL | NET | SHOOTER |
| CENTER | FREE THROW | OFFENSE | SIDELINES |
| COURT | GUARD | OPEN | TRAVELING |
| DEFENSE | HOOPS | OVERHEAD | WALKING |
| | | PALMING | |



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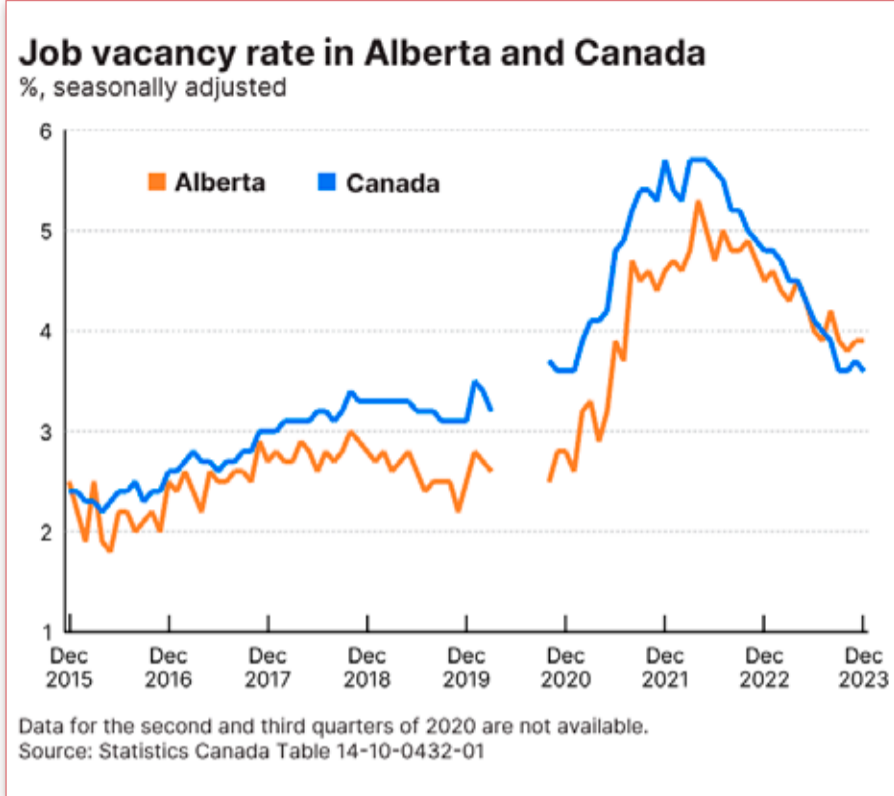
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Job vacancy rate unchanged in December



By Rob Roach,
ATB ECONOMICS

The job vacancy rate* in Alberta ended 2023 at 3.9% in December, unchanged from the month before.

This is down from the peak seen in April 2022 (5.3%), but is still above the pre-pandemic level (2.7% in February 2020) and the national average (3.6% in December).

Alberta's job vacancy rate has been higher than the national average since August 2023.

Among the provinces, B.C. (4.2%) and

Saskatchewan (4.2%) had the highest the vacancy rate in December while Newfoundland and Labrador had the lowest at 3.1%

Looking at 2023 as a whole, the average annual vacancy rate in Alberta came in at 4.2% compared to 4.8% in 2022 and 2.6% in 2019.

The number of employees in Alberta receiving pay and benefits from their employer – measured as "payroll employment" in the Survey of Employment, Payrolls and Hours – was virtually unchanged in December, but was

2.5% higher than 12 months earlier.

We will get a picture of how the job vacancy rate varies across sectors at the end of 2023 when quarterly data by industry are released later in March.

As of the third quarter of 2023, the accommodation and food services and construction sectors had the highest job vacancy rates in Alberta.

*The number of job vacancies as a percentage of all occupied and vacant jobs. Monthly data have been seasonally adjusted.



The Mother Cluckers, so named for their rubber chicken noise makers, were in attendance at the Tri-Liesure Center on Friday, February 23, cheering on the Sturgeon Mustangs U18 team SU701 as they took on Stony Plain. Sturgeon was victorious in an 8-2 win.



How they SAY that in...

ENGLISH: Nutrient
SPANISH: Nutriente
ITALIAN: Sostanza nutriente
FRENCH: Nutriment
GERMAN: Nährstoff

Math Blocks

Fill in the missing blocks with numbers between 0-20. The numbers in each row add up to the totals on the right. The numbers in each column add up to the totals on the bottom.

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| 3 | 8 | 15 |
| 18 | 6 | 2 |

CANADA

HISTORY

1758

GENERAL JAMES ABERCROMBIE, WITH 15,390 MEN, ATTACKS 3,600 FRENCH AND CANADIAN TROOPS BARRICADED AT FORT TICONDEROGA DURING THE BATTLE OF CARILLON. DESPITE THE ADVANTAGE, ABERCROMBIE AND HIS FORCES SUFFER A MASSIVE LOSS.

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Make sure childhood immunizations are up-to-date

Alberta Health Services (AHS) is reminding Albertans with children to ensure their kids are up-to-date with routine immunizations.

Alberta offers all children routine immunizations free of charge. By following the routine immunization schedule, your child will be protected against vaccine-preventable diseases at the most effective ages and stages.

Routine immunizations are more important than ever. Cases of pertussis have increased in Alberta in the last few months and have been identified in all AHS zones. Pertussis is a vaccine-preventable bacterial infection. It can impact people of all ages; however, infants one year and younger are at greatest risk of serious complications.

There are several ways to book an appointment for a routine immunization for your child:

- Use the Find Healthcare search tool to find an AHS public health centre close to you. Choose the facility type and select "public health centre."

- Use the Find Community Health Centres search tool.

- Call Health Link at 811 to find a centre nearest you.

- Talk to your family doctor or nurse practitioner. Visit Find a Doctor | Alberta Health Services.

AHS also offers routine immunizations in schools for children in Grades 6 and 9, in addition to offering immunization to Grade 1 students who are delayed for their routine immunizations. A consent form is sent home with an information sheet for each vaccine recommended for the student. No immunizations will be given in school without consent from a parent or legal guardian.

There are steps you and your child can take to make immunization

appointments more comfortable before, during and after. Visit Commitment to Comfort | Alberta Health Services for more information.

To find out which immunizations are right for your child, check with your family physician or Health Link at 811 or a public health nurse. Visit ahs.ca/immunize to learn more about routine immunizations.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Our mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans. Our current focus is on reducing emergency department wait times, improving EMS response times, increasing access to surgeries, and improving patient flow.



Recently, the PreK Dragons of Ecole Morinville's Public School, under the guidance of teachers Ms. Burns and Ms. Shuster, knew precisely how to capitalize on the pristine snow by coloring outside instead of confining themselves indoors!

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HOROSCOPE

ARIES

(March 21 - April 20)



Aries, think about collaborating on a fun project with someone close to you. Find out if anyone needs help on something they may be working on if you don't have a project in mind.

TAURUS

(April 21 - May 21)



An excitement concerning work goals or a business venture may compel you to take some action to get your ideas heard by higher-ups, Taurus. The audience will be receptive.

GEMINI

(May 22 - June 21)



Gemini, trying to resolve issues in a relationship this week may leave you feeling unsettled. It might be that you are trying to avoid sensitive topics that you will have to address eventually.

CANCER

(June 22 - July 22)



Cancer, if you are feeling content with yourself and life in general lately, that is excellent. Embrace this positive state of mind and take the necessary steps to continue the good feelings.

LEO

(July 23 - August 23)



Leo, this week you may be feeling nostalgic or sentimental. Look over old photographs or watch family movies for a bit. If you want to take it further, reach out to childhood friends.

VIRGO

(August 24 - September 22)



Find new activities that you can add to your daily routine, Virgo. This may be a sport, hobby or even a new club. Add a dose of creativity to each and every day for good effects.

LIBRA

(September 23 - October 23)



Uncertainty regarding long-term plans may be driving emotions of shyness, Libra. If you are having trouble, plan excursions or events with friends you trust.

SCORPIO

(October 24 - November 22)



Scorpio, encouragement comes from people you may not feel are on your team. Take all of the support you can get as you start plowing through some long-term goals.

SAGITTARIUS

(Nov. 23 - Dec. 21)



It's always the right time to tell others how much they mean to you, Sagittarius. It will not take grand gestures to do so, merely your loving words.

CAPRICORN

(Dec. 22 - Jan. 20)



Your busy schedule this week has everything feeling more hectic even if it really isn't, Capricorn. Carve out some time to sit quietly or enjoy some alone time to refresh.

AQUARIUS

(January 21 - February 18)



This week you may be feeling especially charitable, Aquarius. Open your heart up to others who may need some extra support. This may be a stranger or someone you know.

PISCES

(February 19 - March 20)



Some news from a family member may catch you off-guard, Pisces. You'll soon recover when you learn that it is extremely happy news. You may even get good news of your own.

PUZZLES SOLUTIONS

C I Y I R A M W L T B P H N G G E K D V
 R D I G S R C N I P L L N V E R R D B M
 C R B S V W E V N V D L S T G M D C G W
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WORD SEARCH

SUDOKU

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| 3 | 6 | 9 | 2 | 8 | 5 | 4 | 1 | 7 |
| 5 | 1 | 2 | 7 | 4 | 6 | 3 | 9 | 8 |
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CROSSWORD

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Wellness goals

Continued from page 8

pack of cigarettes – toss it out now. Get rid of lighters and ashtrays too. Don't make things harder by testing yourself. If you had a cigarette or you're craving one, change the feeling in your mouth.

You could chew gum, drink water or brush your teeth to delay the next one.

Step back

Be kind to yourself when you face a setback in your goal. Know that slip-ups are normal. In fact, to quit smoking, Health Canada says most people try several times. Encourage yourself not to give up by thinking about how far you've come, not how far you have to go. That progress – even if it's just setting the goal – still counts

for something. And remember, how quickly or easily you reach a goal doesn't make you a better or worse person.

Reset and relaunch

To get back on track, think about what things you will do the same way and what you will do differently to help you reach your goal going forward. For the example of quitting smoking, maybe you add more social support from friends, family or a quit coach.

There are free, trained coaches in every province and territory available by phone, online or by text who can help you stay smoke-free.

Find more information about trained quit coaches, tips on how to quit smoking and what to do if you relapse at canada.ca/quit-smoking.



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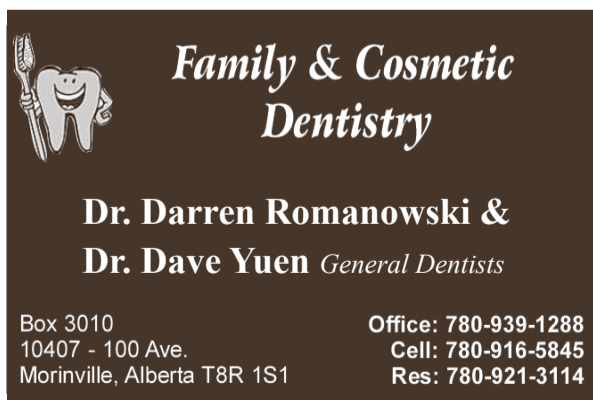
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